**Confidentiality Agreement:**

I promise to have an open and honest mind. In fostering an environment of safety, I will also honor the comments and honesty of my friends. What is said in this room stays only in our minds and hearts, and will never leave our lips. In the interest of trust and fairness, we promise confidentiality.

We make this promise with our signature.

**Signatures:**

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**In the Pursuit of Happiness:**

With this signature, I pledge to campaign for real beauty. I will catch myself when looking at magazines, & when comparing myself to other women. I will embrace my curves & shake them when I dance. When looking in the mirror I will adore my face & I will smile at others. With this pledge, I promise to stop others when they judge themselves. I promise to do this in order to create a happy and healthy life for others, & myself even if it means I go against the grain of the media and pop culture. I promise to work hard to love myself, & in doing so, make the world a more beautiful place.

**Signatures:**

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**Crossing Over Activity**

* Make sure everyone is on one side of the line.
* Now I am going to read off a number of sentences. Cross over the line when you identify or agree with one of the statements.
* Once you are over the line, you can raise just raise your hand for the rest of the part 1.
* The point of this activity is to show all the different thoughts and feelings they have in common with one another.

**Cross the line if:**

… you have stared at the models in the ads in a magazine rather than the product advertised

… there is a particular facial feature you wish you could change

… you wish you had bigger breasts

… you hate your thighs

… you wish you had a flatter stomach

… you have been depressed about your reflection

… you have denied yourself something that makes you happy because of the way it will affect your body

**Phase 2: Cross the line back if:**

… you have a pair of shoes that makes you happy

… you think you’re gorgeous when you’re laughing

… you have beautiful eyelashes

… you have a dress that looks amazing on you

… someone has flirted with you

… you have good hair days

… people always tell you that you smell good

… you enjoy getting dolled up

… there are days you know you deserve a piece of chocolate cake

… you love wearing dangly earrings

**Conclusion to “Crossing Over”**

In Part 1 we focused on the negatives, the media, problems and feelings we have that are bad, and it demonstrates that we all share something: we have a problem with something about our body, we don’t like a physical aspect of ourselves, we all share that struggle.

In Part 2 we transitioned to where we set a positive mindset, focus on the good and build up some self-esteem. It demonstrated that we do like ourselves at the same time, that we take pleasure in the bodies we live with, that we can develop our image into something we enjoy – that doesn’t mean changing it to something we feel we should.

**Mirror Mirror**

* I am going to hand out name cards to each person, and then I want you to pass them one to the right.
* Once you get someone else’s card, I want you to write a beautiful thing about the person whose name is on the card.
* At the end of the program I will distribute the cards so that you can read the comments. I encourage you all to post them on their mirror or place them in your makeup drawer.
* The main ideas of this activity are to see that beauty is colorful, people see really different things when they think beauty. Things about yourself that you may think are flaws may be something someone likes about you, images are different to everyone.

 **“You’re Beautiful” James Blunt
“This One’s for the Girls” Martina McBride
“I wish you Love” Rachel Yamagata
“All you Need is Love” Lynden David Hall, Love Actually
“Have a Little Faith in Me” Mandy Moore
“The Way you Look Tonight” Michael Buble**

**Discussion:**

* Now we are going to have a short five to ten-minute discussion. I really want you ladies to open up as much or as little as you want to, but I also want to be mindful of the person who is speaking. No interruptions and please be mindful to give everyone the chance to speak as we don’t have much time.

**Questions to get started:**

What makes you mad about the media?
What do you think about sizes?
Have you ever denied yourself something because of the way it would affect your body?

**Dove Photo Shoot – Print out with Polaroid Camera.**

**Final Take-Away:**

Beauty is visualized stereotypically and on the outside in our culture, but there is so much more to beauty than that. As women we need to support one another, not criticize fellow females, maintain clear perspective and also find beauty in things we have some control over, like our posture, attitude, smile, clothes, demeanor etc. not just our physical bodies. There is a lot to beauty and we need to take hold of that.

**Things to Bring:**

* Polaroid Camera
* 10 Cardstock Pieces of Paper with Everyone’s Name
* Extra Sheets of White Paper
* White Sheet for Dove Photoshoot
* Something to Hang Paper/Sheet with (tape, string, etc.)
* Tape for Crossing Over Activity
* Sharpies/Pencils/Pens
* Something to Play Music on
* Computer